Movilidad

ANKLE

https://www.youtube.com/watch?v=4GW6QdSaQ6U

Glúteo

PUSH UPS

- **Set the push up 101**
  https://www.youtube.com/watch?v=Z88Rl5bpnmI

- **Progression on push ups**
  https://www.youtube.com/watch?v=psxMJN7BqIM

- **Mistakes to avoid**
  https://www.youtube.com/watch?v=MO10KOoQx5E

PULL UPS

- **Squad university**
  Secret to improve pull ups.
  https://www.youtube.com/watch?v=p40iUjf02j0

- **Jeremy Ethier**
  PULL UPS 101, HOW TO DO THE FIRST ONE
  https://www.youtube.com/watch?v=GSYYXRjtkUQ

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HOW TO DO MORE PULL-UPS

STEP 1: GETTING TO 10-12 PULL-UPS STRAIGHT

PERFORM & PROGRESS THE FOLLOWING 2X/WEEK:

Scapular Pull-Ups: 3 sets of 10-15 reps

Banded Pull-Ups: 3 sets of 6-12 reps

Kneeling Lat Pulldowns: 3 sets of 10-15 reps

Inverted Row: 3 sets of 8-12 reps (LOWER ANGLE OVERTIME)

Pull-Up Negatives: 2-3 sets (WORK UP TO 30S DESCENT)

*Add 2 “max pull-up” sets to the beginning of these workouts and also to 1-2 of your other weights workouts during the week

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MON	TUE	WED	THU	FRI	SAT	SUN
PULL-UPS			PULL-UPS			

3-4 SETS OF 6-10 REPS

PERFORM & PROGRESS THE FOLLOWING 2X/WEEK:

Scapular Pull-Ups: 3 sets of 10-15 reps

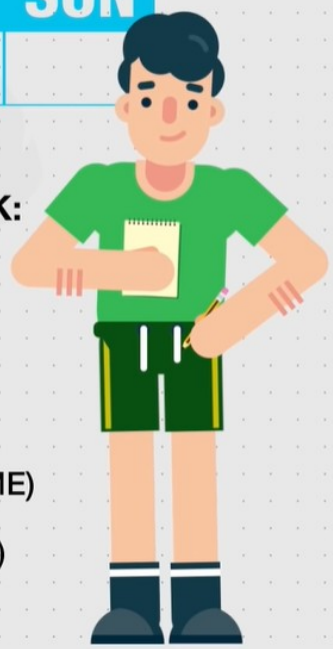
Banded Pull-Ups: 3 sets of 6-12 reps

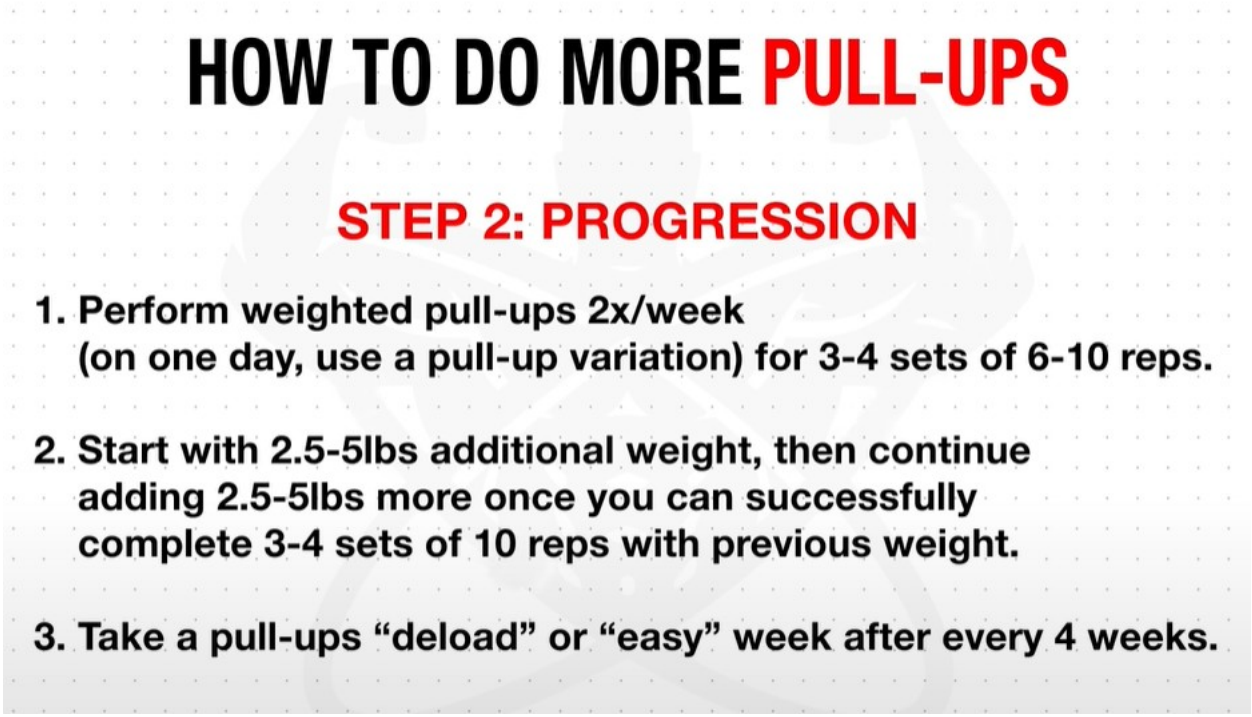
Kneeling Lat Pulldowns: 3 sets of 10-15 reps

Inverted Row: 3 sets of 8-12 reps (LOWER ANGLE OVERTIME)

Pull-Up Negatives: 2-3 sets (WORK UP TO 30S DESCENT)

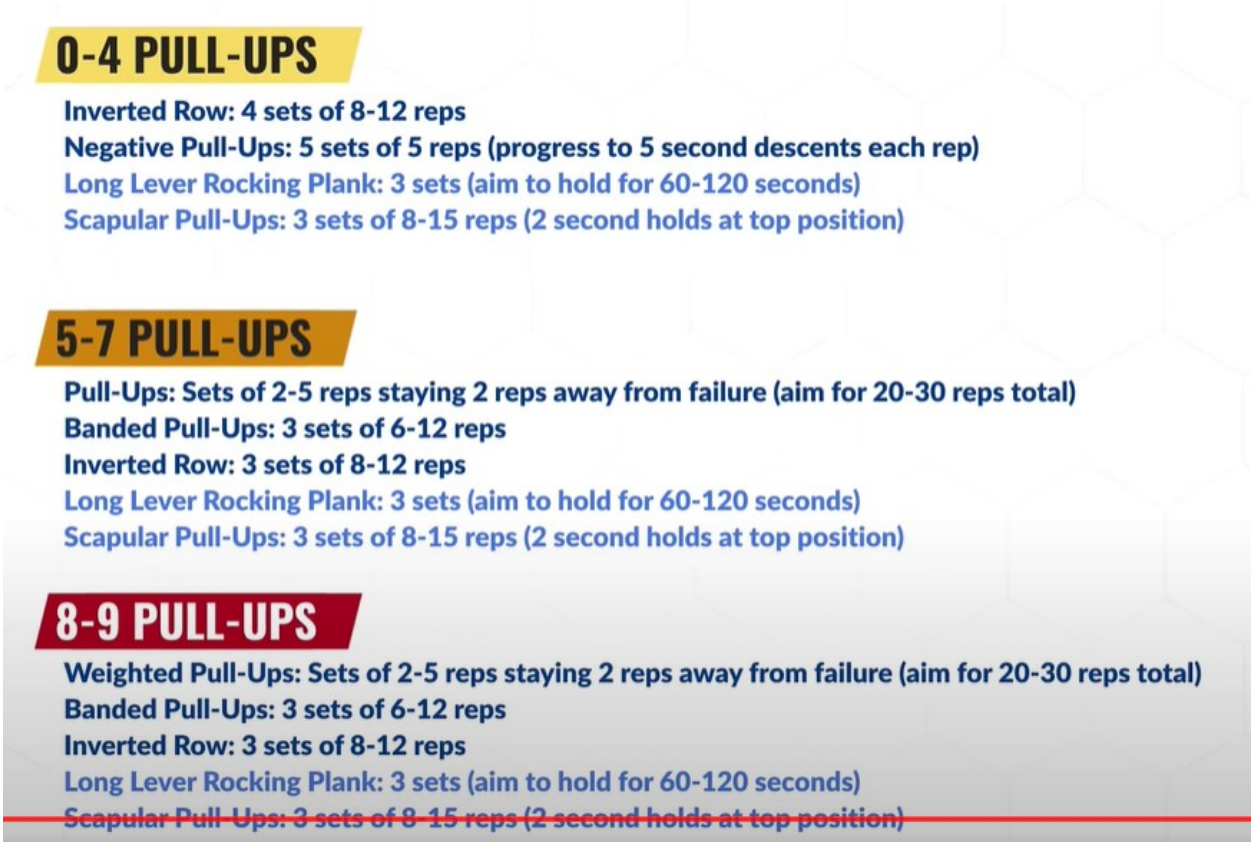
*Add 2 “max pull-up” sets to the beginning of these workouts and also to 1-2 of your other weights workouts during the week




HOW TO DO MORE PULL-UPS
STEP 2: PROGRESSION
1. Perform weighted pull-ups 2x/week
(on one day, use a pull-up variation) for 3-4 sets of 6-10 reps.
2. Start with 2.5-5lbs additional weight, then continue
adding 2.5-5lbs more once you can successfully
complete 3-4 sets of 10 reps with previous weight.
3. Take a pull-ups "deload" or "easy" week after every 4 weeks.

https://www.youtube.com/watch?v=3YvfRx31xDE

- **EXTRA TIPS FROM 0 TO 10**


0-4 PULL-UPS
Inverted Row: 4 sets of 8-12 reps
Negative Pull-Ups: 5 sets of 5 reps (progress to 5 second descents each rep)
Long Lever Rocking Plank: 3 sets (aim to hold for 60-120 seconds)
Scapular Pull-Ups: 3 sets of 8-15 reps (2 second holds at top position)
5-7 PULL-UPS
Pull-Ups: Sets of 2-5 reps staying 2 reps away from failure (aim for 20-30 reps total)
Banded Pull-Ups: 3 sets of 6-12 reps
Inverted Row: 3 sets of 8-12 reps
Long Lever Rocking Plank: 3 sets (aim to hold for 60-120 seconds)
Scapular Pull-Ups: 3 sets of 8-15 reps (2 second holds at top position)
8-9 PULL-UPS
Weighted Pull-Ups: Sets of 2-5 reps staying 2 reps away from failure (aim for 20-30 reps total)
Banded Pull-Ups: 3 sets of 6-12 reps
Inverted Row: 3 sets of 8-12 reps
Long Lever Rocking Plank: 3 sets (aim to hold for 60-120 seconds)
Scapular Pull-Ups: 3 sets of 8-15 reps (2 second holds at top position)

https://www.youtube.com/watch?v=syS4M1G-rII

- **4 Mistakes to avoid**
  https://www.youtube.com/watch?v=D-TL5hDQucI